

## Speech

### The Mother Mantra

### The Ancient Shamanic Yoga of Non-Duality

We are in dire need of a real change in the economic, political and social models that have led us to put in danger our own survival on this planet, that have brought us to destroy our own world. Change, however, will only ever be superficial unless we, individually, are wishing to put ourselves at stake. This does not mean slightly modifying our daily routine to be more “eco-friendly”, it means putting at stake the very beliefs upon which we have built our lives. There is a myth, a faith, a religion upholding every economic model: we live in a symbolic world; myths and symbols, belief systems, govern our psyche and our behaviour.

Any single religion or philosophy is much more than a collection of beliefs, it is a way of being and of shaping one's life, it's not simply a question of having faith and following a certain doctrine, but rather an unconscious map of reality, which describes and at the same time determines the world around us.

We have a responsibility today, towards our planet and towards ourselves as a species, to break free from the roles assigned to us by civilisation and engage to trigger a profound revolution of those myths and symbols that lie at the bases of human behaviour.

But how are to become free, creative, fearless enough to be real revolutionaries? Isn't this the exclusive prerogative of truly great poets, artists, shamans? Well then, let's become poets, become shamans! Let's become mystics! Yes, because artist and mystic, poet and shaman are merely two aspects of the same experience of freedom and awareness; a poet is none other than a shaman who writes. The common feature that inseparably ties these roles is the experience of ecstasy.

Ecstasy is a non-dual state, a state that allows us to go beyond our Selves, whereby everything that seemed impossible becomes possible. It is this state that accompanies a mystic throughout their life.

Following the mystic's path we learn that expressions such as “concerning me”, “not concerning me”, “inside me”, “outside me” are only mental measurements, the validity of which is only given by the mind. If there is a suffering wolf, a dying bear, burning forest, plastic-filled ocean, this is a part of you that is suffering, a part of you that is dying – if you are to save it you must resort to your mystical side, the side that is free and ready to have an impact on the world.

Mystics are the real revolutionaries of our days. We must make room for the mystic in us. You have a mystical side: you must allow it to speak to others, to win them over. Mystics have a pivotal role in modern society. They must seize God, which has been placed in a far-removed heaven, and pull it back to the earth, the water, the air, the body, so as to really change all equilibriums. This will allow us to save our bodies, to save nature. What everybody wants, the mystic must do: conquer the power of money and return it to nature. All wealth belongs to nature and must be returned to it.

A mystic, even if he lives within society and has received formal education, has never actually become truly *civilised*; they have gone through society's conditioning but have remained immune. This immunity is probably due to them being less afraid; for the more we fear, the more we allow ourselves to be tamed by society.

In a society where nothing is sacred anymore, social power and true knowledge can never be one and the same. Who has power knows not and who knows does not have power because they are not interested in power, but are only interested in the search for truth. If there is some knowledge exercising power, then it is of technical, strategic kind, not of truth. There is of course what we may define as *power of knowledge*, but it is not institutionalised within our

society. If we want to save life on this planet we must begin by creating true leaders, carriers simultaneously of power and knowledge. And we must begin by making such leaders of ourselves.

What we need is first and foremost a revolution of dreams, a revolution within our imagination, for it is there that reality is born. Mysticism teaches us that whenever you are dreaming or fantasising you are not alone, there is an invisible, mysterious, powerful presence besides you. This is because every inner story needs a code to develop.

Who's the co-author of my life? *This* is the fundamental question everyone must pose themselves, especially when things are not going as planned – when we are faced with problems, uncertainties, worries. Whom are you writing your life's story with?

This *ghost*-writer, this invisible author, could be your own mind, in which case you'd be writing your story with a program of constructed, imposed social values, the net of myths and beliefs that envelop civilization and social religions. Otherwise, you could be writing the story of your life through a natural code, in which case you'd be accompanied by beauty, by the power of inclusiveness, and not by morals; you'd be then a poet, an artist, a shaman, a mystic. A real religion of freedom is possible – it is not the religion of any nation, but rather the purest expression of man's spirituality. In a natural type of spirituality anyone can live their own unique relationship with the divine, that invisible *ghost*-writer, in total freedom, and can develop a intimate, secret image of divinity that is never imposed from outside, but freely reveals itself to the individual. This is that marvellous state which shamanic yoga defines as "mystic marriage". It is the state of great mystics, poets, shamans. Great mystics, in fact, always escape the straight path of social religion to engage in a free and natural type of spirituality.

In this state of freedom it is possible to vanquish those subconscious fears that limit us to achieve full accomplishment, well-being. For abundance is a natural condition: nature is endowed with inexhaustible fertility and wealth. We can be rich without being consumers, without having to exploit and erode our planet's resources, but in full harmony with it; we can create for ourselves a life full of precious and positive relationships, achieve a sense of happiness. This is what the Greeks called *eudaimonia*, which literally means "being together with a good *daemon* or *daimon*", a good "guide spirit", a "guardian angel" – this is what the ancients considered happiness to be.

If you are ready to take up this challenge and embark onto the quest for happiness, freedom, ecstasy. If you feel that a revolutionary spiritual leader is waiting inside of you, then shamanic yoga will become your most powerful tool.

## **Workshop**

### **Producing a state of ecstasy through the fluid sequences of shamanic yoga to achieve lasting inspiration and energy**

Ecstasy is a mystical state whereby we overcome our Self, we enter a dimension of peace, bliss, joy, a state of non-duality whereby we are contemporarily distinct but not separate from the remainder of the cosmos. It is in this state that all the practices of shamanic yoga take place.

We must bear in mind that this condition belongs to us by nature; what we can do is increase our awareness of it.

If we are to talk about shamanic yoga, then we must consider ecstasy as the founding stone of all practices. The process consists in it into the permanent condition in which we exist; this is the path that leads to becoming a shaman.

To experience ecstasy one needs to temporarily undergo the “mother experience” and the “son experience”, to say it with the initiates of the Mother Mantra tradition. By “mother experience” we indicate the visionary state, by “son experience” the experience of bodily power. The “mother experience” is achieved through the tools of visualisation, devotion, the defeat of fear through love. For the “son experience” we rely on the so-called “flowing sequences”. These are harmonious sequences of *asana* yoga postures followed by breathing exercises, specific *mantras* (which can be either chants or simple sounds), *mudras* (that is, psychic gestures) and visualisation exercises, such as the “psychic forest”, whereby we explore our inner dimension, that secret place where shamanic yoga really takes place. There are sequences able to cater for very different kinds of needs, such as to stimulate good sleep during the night, getting energised in the morning, turning anger or frustration into positive energy, or even constructing a healthy, harmonious relationship with food and the way we eat, or attaining the power of money. Mystics today must abandon the role attributed to them by organised religion and profoundly revolutionise all those symbols and myths according to which the majority of humans behave. This revolution is the only possible vector for a real change of all economic, political and social systems, for the well-being of nature and the endurance of life on this planet. This is a mission – I would even say, a duty – for all the yogis and shamans, for all the mystics of our time.

By virtue of its astounding effectiveness, shamanic yoga is nowadays practiced and taught by numerous counsellors and educators who see it as a precious resource of innovation and creativity in their work. It has also been adopted by numerous teachers of traditional yoga who wish to attain a solid and valued specialisation.

As a powerful means of re-establishing a connection of with our guide spirit, the invisible presence that is able to guide us to a life of prosperity and enlightenment, shamanic yoga is now practiced daily by many successful managers and businessmen.

Some of the most important practices of shamanic yoga are presented in my book “Mother Mantra”, published in the US by *Inner Traditions*, as well as in the webinars and online courses (many of which are free) that can find on my website [www.selenecalloniwilliams.com](http://www.selenecalloniwilliams.com).

The practices and exercises of shamanic yoga are a tool not only for our health and well-being, a way to keep our body elastic and energetic, but also a way to radically change how you see the world.